

Table 7. Mean body mass index among men and women aged 20 and over, by survey years, age group, and race and Hispanic origin: United States, 1999–2016

Sex, age, and race and Hispanic origin	Survey years									p for linear trend
	1999–2000	2001–2002	2003–2004	2005–2006	2007–2008	2009–2010	2011–2012	2013–2014	2015–2016	
Men	Mean (standard error)									
20 and over <sup>1</sup> (crude) . . . . .	27.7 (0.2)	27.9 (0.2)	28.1 (0.1)	28.6 (0.3)	28.5 (0.2)	28.7 (0.2)	28.5 (0.2)	28.8 (0.2)	29.1 (0.3)	<0.001
20 and over <sup>1,2</sup> (age adjusted) . . . . .	27.8 (0.2)	27.9 (0.2)	28.1 (0.1)	28.5 (0.2)	28.5 (0.2)	28.7 (0.2)	28.5 (0.2)	28.8 (0.2)	29.1 (0.3)	<0.001
Age group:										
20–39 . . . . .	27.0 (0.3)	27.1 (0.2)	27.5 (0.3)	27.8 (0.3)	27.6 (0.2)	28.1 (0.3)	27.7 (0.3)	28.3 (0.4)	28.7 (0.4)	<0.001
40–59 . . . . .	28.3 (0.4)	28.7 (0.3)	28.7 (0.3)	29.4 (0.3)	29.0 (0.2)	29.3 (0.3)	29.4 (0.3)	29.2 (0.3)	29.4 (0.3)	0.005
60 and over . . . . .	28.2 (0.2)	28.1 (0.2)	28.3 (0.2)	28.4 (0.2)	29.1 (0.2)	28.8 (0.3)	28.5 (0.4)	29.1 (0.4)	29.2 (0.2)	<0.001
Race and Hispanic origin <sup>3</sup> :										
Non-Hispanic white . . . . .	27.8 (0.3)	28.1 (0.2)	28.1 (0.2)	28.5 (0.2)	28.5 (0.2)	28.7 (0.2)	28.4 (0.2)	28.9 (0.2)	29.1 (0.3)	<0.001
Non-Hispanic black . . . . .	27.5 (0.2)	27.6 (0.3)	28.5 (0.5)	28.9 (0.3)	28.7 (0.3)	29.3 (0.3)	28.9 (0.3)	28.9 (0.3)	29.0 (0.4)	<0.001†
Non-Hispanic Asian . . . . .	--- ---	--- ---	--- ---	--- ---	--- ---	--- ---	24.9 (0.2)	25.4 (0.2)	25.3 (0.1)	0.187
Hispanic <sup>3</sup> . . . . .	--- ---	--- ---	--- ---	--- ---	29.0 (0.4)	29.1 (0.3)	29.2 (0.2)	29.3 (0.4)	30.0 (0.3)	0.033
Mexican-American . . . . .	28.2 (0.2)	27.8 (0.3)	28.2 (0.3)	28.2 (0.3)	29.1 (0.4)	29.2 (0.3)	29.6 (0.3)	29.8 (0.3)	30.2 (0.4)	<0.001
Women										
20 and over <sup>1</sup> (crude) . . . . .	28.2 (0.3)	28.1 (0.2)	28.3 (0.3)	28.5 (0.3)	28.6 (0.2)	28.7 (0.1)	28.9 (0.2)	29.5 (0.3)	29.6 (0.3)	<0.001
20 and over <sup>1,2</sup> (age adjusted) . . . . .	28.2 (0.3)	28.1 (0.2)	28.2 (0.3)	28.4 (0.3)	28.6 (0.2)	28.7 (0.1)	28.8 (0.2)	29.5 (0.3)	29.6 (0.3)	<0.001
Age group:										
20–39 . . . . .	27.5 (0.3)	27.2 (0.3)	27.3 (0.4)	27.3 (0.4)	28.3 (0.4)	28.0 (0.3)	28.0 (0.3)	28.9 (0.3)	28.7 (0.4)	<0.001
40–59 . . . . .	29.0 (0.5)	28.7 (0.4)	29.3 (0.4)	29.5 (0.5)	29.1 (0.3)	28.8 (0.2)	29.7 (0.3)	30.1 (0.4)	30.4 (0.5)	0.004
60 and over . . . . .	28.3 (0.2)	28.6 (0.3)	28.1 (0.2)	28.5 (0.3)	28.3 (0.2)	29.6 (0.3)	28.9 (0.4)	29.2 (0.2)	29.8 (0.4)	<0.001
Race and Hispanic origin <sup>3</sup> :										
Non-Hispanic white . . . . .	27.6 (0.4)	27.6 (0.2)	27.6 (0.4)	27.9 (0.3)	28.1 (0.4)	28.0 (0.2)	28.3 (0.3)	29.1 (0.3)	29.1 (0.3)	<0.001
Non-Hispanic black . . . . .	31.6 (0.4)	30.6 (0.4)	31.7 (0.4)	31.6 (0.4)	31.4 (0.4)	32.4 (0.4)	32.4 (0.3)	32.5 (0.4)	31.9 (0.4)	0.005
Non-Hispanic Asian . . . . .	--- ---	--- ---	--- ---	--- ---	--- ---	--- ---	24.2 (0.3)	24.3 (0.3)	24.6 (0.2)	0.231
Hispanic <sup>3</sup> . . . . .	--- ---	--- ---	--- ---	--- ---	29.7 (0.3)	29.5 (0.2)	30.0 (0.3)	30.3 (0.4)	31.2 (0.3)	<0.001
Mexican-American . . . . .	29.0 (0.4)	29.1 (0.5)	29.8 (0.5)	29.5 (0.4)	29.9 (0.3)	29.9 (0.2)	30.6 (0.5)	31.1 (0.4)	31.9 (0.4)	<0.001

--- Data not available.

† Includes a significant quadratic term for 1999–2016. Mean body mass index increased from 1999–2000 through 2005–2006 ( $p < 0.001$ ) and remained level until 2015–2016 ( $p = 0.867$ ). Slopes for line segments are significantly different ( $p < 0.004$ ).<sup>1</sup>Includes other races not shown separately.<sup>2</sup>Age adjusted to the projected 2000 U.S. census population using age groups 20–39, 40–59, and 60 and over.<sup>3</sup>Includes Mexican-American persons.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 1999–2016.